



Deirdre served as the Director of Wellbeing and Joy in Practice for the nurses and allied health professionals at Ann & Robert Lurie Children's Hospital in Chicago. She has been coaching and creating custom wellbeing programs for professional caregivers (educator, healthcare and humanitarian workers) as well as private clients for over a decade. She has been a core faculty member in organizational change leadership at Western Michigan Univ. and a lead researcher on international wellbeing projects designed to support social change-makers for The Wellbeing Project (Paris) and Kellogg Institute at the University of Notre Dame.

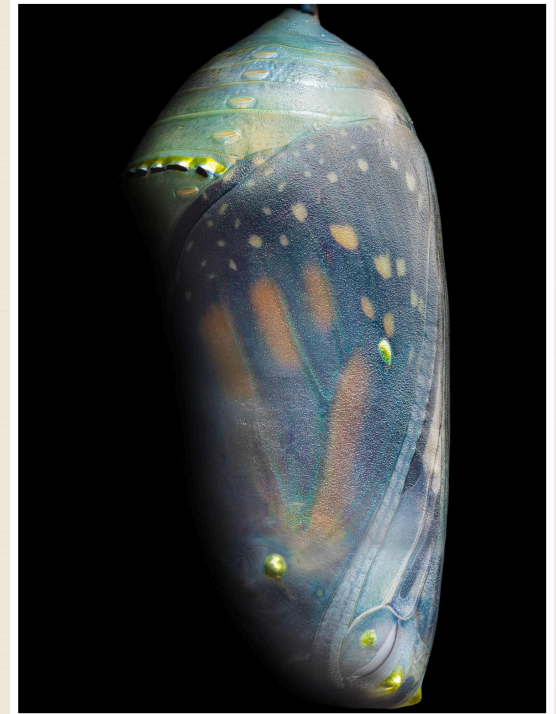


WHAT IS YOUR PURPOSE?



"Through deep listening, mirroring and reflection, I can help you generate insights from unexamined habits, thinking patterns and relationships so you may rediscover a life filled with joy, integration, and wisdom. My aim is to help you process, heal, clarify and grow in the safe and brave space of our coaching chrysalis."

INTEGRAL HEALTH & WELLBEING COACHING



Lessons from the Butterflies

- ❖ Trust the chrysalis stage of inner transformation.
- ❖ Embrace the struggle of emergence.
- ❖ Take a leap of faith to fly.



COACHING WITH DEIRDRE

During our sessions you are invited to align your strengths with your values, encounter your unconscious resistance with compassion and invite transformative rituals into your everyday life. Coaching includes an initial assessment of your character strengths and baseline wellbeing plus a practice workbook to track your progress and weekly 45/90-minute co-active coaching sessions.



Coaching taps into the innate potential for transformation and healing that lies within each of us

ABOUT YOUR COACH

As an integral health & wellbeing coach, yoga therapy teacher and anthropologist, Deirdre brings a holistic lens into her work with coaching clients. She understands how important it is to customize a strategy to suit the client's unique needs and context.

She has experience working with high performing staff and leaders who work in high-pressure environments and want to maximize their impact as well as supporting clients who are navigating challenging transitions (empty nesting, divorce, personal or professional loss, retirement) or wish to grow their capacity for more zest, joy and inspiration.

In addition to serving professionally as a wellbeing scientist and researcher, Deirdre is trained by the Anthropedia Institute, which offers an interdisciplinary evidence-based curriculum drawing on nutrition, naturopathy, neuroscience, art & culture, psychology, and coaching skills to support the whole person.

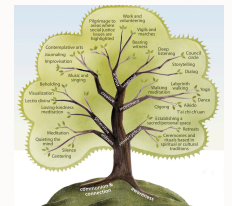
COMING THIS FALL: ANTHROPEdia COACHING

Following the intake and assessment process, every 90-minute personal coaching session will open with body and breath work, then move into a relaxed dialogue revolving around your wellbeing strengths and opportunities, using the co-active coaching method.

*Contact Deirdre for a free 30-minute consult to learn more at d.sporestudios@gmail.com

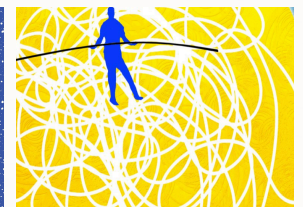
INTAKE ASSESSMENT

Before the intake session, you will complete a character strength assessment and intake form to clarify your vision and perceived catalysts/barriers to achieving optimal wellbeing. Then book a free 30 minute coaching session with Deirdre to discuss your assessment results and recommended coaching pathway with action steps.



MIND-BODY

You will start each 90 minute session with 30 minutes of breath and gentle body work. The practices will vary between challenging your neural plasticity and improving your proprioception to helping your nervous system "rest and digest" and recover from adrenal fatigue.



CO-ACTIVE DIALOGUE

The co-active coaching method provides a framework of accountability for generating change. The mutual support of the coaching partnership creates focus and discipline, helping you to identify and measure your actions and learning. It is both an ethos and a methodology for living with a sense of authenticity and purpose.

